

**Question:** Should preoperative diet consultation vs. standard care be used for weight loss in patients undergoing bariatric surgery?

Certainty assessment							No of patients		Effect		Certainty	Importance
No of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	preoperative diet consultation	standard care	Relative (95% CI)	Absolute (95% CI)		
<b>Weight loss (follow up: range 2 weeks to 6 months)</b>												
3	randomised trials	serious	very serious	not serious	serious	none	220	218	-	SMD <b>0.4 SD higher</b> (0.03 higher to 0.78 higher)	⊕○○○ VERY LOW	CRITICAL
<b>Postoperative complications (follow up: range 2 weeks to 6 months)</b>												
2	randomised trials	serious	serious	not serious	not serious	none	0/163 (0.0%)	0/171 (0.0%)	<b>RR 0.80</b> (0.22 to 2.86)	<b>0 fewer per 1.000</b> (from 0 fewer to 0 fewer)	⊕⊕○○ LOW	CRITICAL

CI: Confidence interval; SMD: Standardised mean difference; RR: Risk ratio